

## Volusia Volleyball Club Team Rules

Be on time

Missing practice—If you are going to miss, you must call at least one hour before  
practice starts  
Missing practice may effect playing time

No jewelry or hard hair pieces

Make eye contact with those who are addressing you

Do not talk when coach is talking

Do not take yourself out of a drill

No yawning, no ducking, no catching the ball

No cell phones

No chewing gum

Say positive things

Play with honor and pride

Control what is controllable to better yourself and your teammates

Coaches contact numbers:

Coach Melanie Jenkins 386-566-1944

Coach Sarah Henderson 386-215-9252